— MANY PEOPLE THINK HOME MADE SOY MILK TASTES TOO "RAW" OR FUNKY. IT IS DEFINITELY DIFFERENT THEN THE CORPORATE SOY MILKS WHICH ARE MORE MILK SHAKES FOR HIPPIES THAN ANYTHING ELSE! IF THE TASTE OF THIS RECIPE DOESN'T SATISFY, DON'T GIVE UP—EXPERIMENT!

TRY ADDING 2 TSP. SHREDDED GINGER IN THE BLENDER, IT CUTS THE RAW SOY FLAVOR AND IS QUITE YUMMY. IF YOU WANT IT SWEET, ADD HONEY, MOLASSES, OR SORGHUM AS YOU LIKE. WHEN I WAS IN SOUTH EAST ASIA IT WAS SERVED HEAVILY SUGARED AND LADLED INTO A PLASTIC BAG FULL OF ICE!

SOME OTHER ADDITIVES YOU MAY WANT TO FIDDLE AROUND WITH ARE — KAMBU SEAWEED (THICKENS, MELLOWS, CUTS GAS), CINNAMON, NUTMEG, VANILLA, JOB'S TEARS (A SEED THAT IS EDEN-SOYS SECRET INGREDIENT), AND JUST ABOUT ANYTHING ELSE THAT YOU THINK SOUNDS GOOD. BE CREATIVE. HAVE FUN WITH IT.

— ALOT OF DIFFERENT GRAINS CAN BE "MILKED" WITH THIS PROCESS. IF SOYMILK WORKS FOR YOU, EXPERIMENT WITH OTHER GRAINS, OR TRY SOME BLENDS.

— IF YOU CAN NOT BEG, BORROW, OWN, OR CREATIVELY ACQUIRE THE EQUIPMENT LISTED IN "SET UP", TRY BORROWING SOMEONES ENTIRE KITCHEN FOR THE NIGHT. IF YOU DON'T HAVE ENOUGH POTS TO MAKE A DOUBLE BOILER, DO EVERYTHING IN ONE POT OVER LOW HEAT. SCALDING GIVES THE MILK A BURNED FLAVOR. *A HAND GRINDER OR EVEN MORTAR AND PESTAL CAN BE USED IN PLACE OF A BLENDER…*



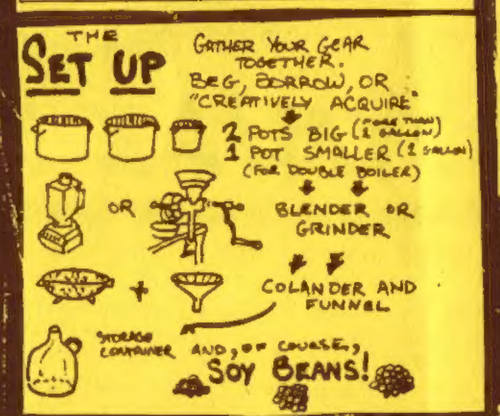
HEY! HO! SOYMILK TIME! THIS PAMPHLET SHOWS YOU HOW TO DO IT WITH 3 CUPS OF BEANS TO MAKE 1 GALLON (APROXIMATELY) OF MILK. ITS DO-IT-YOURSELF, HEALTHY, FUN. WHY PAY OVER 2 HARD EARNED BUCKS FOR A TETRA BRICK OF CORPORATE VITA-SOY? OR A GALLON OF COW JUICE,

WHICH IS A PRODUCT YOU MIGHT WANT TO RESEARCH. ARE YOU FAMILIAR WITH BOVINE GROWTH HORMONE, FACTORY FARMING, AND HOW PASTEURIZING ROBS COW MILK OF ITS NUTRITIONAL VALUE? LOOK INTO IT. THERE IS A TANKER OF SOY MILK IN A FIELD OF SOYBEANS, BUT FEED THEM TO A DAIRY COW OR TWO AND YOU GET A LOT LESS MILK IN THE END.

3 CUPS OF SOY BEANS WILL PROBABLY COST YOU ABOUT 50¢, IS CHOCK FULL OF PROTEIN AND HAS ALL THE 8 ESSENTIAL AMINO ACIDS IN CONFIGURATIONS READILY USABLE BY THE HUMAN BODY.

PLUS, I THINK ITS DELICIOUS. ITS NOT HEAVILY PROCESSED, ITS SIMPLE. THEN, OF COURSE, THERE'S TOFU, TEMPEH, AND LOTS OF OTHER NUTRITIOUS SOY PRODUCTS YOU CAN MAKE AT HOME!

FOR MORE INFORMATION →
"DIET FOR A NEW AMERICA" BY J. ROBBINS
"THE BOOK OF TOFU" BY WILLIAM SHURTLEFF + AKIKO AOYAGI



SOY

PAMPHLET EXECUTED BY MARKO KRABSHACK

FARM PUNX INTERNATIONAL
RT. 1 BOX 304
WHITWELL, TN

RECIPE FORMULATED AND TESTED BY THE CREW AT MOONSHADOW



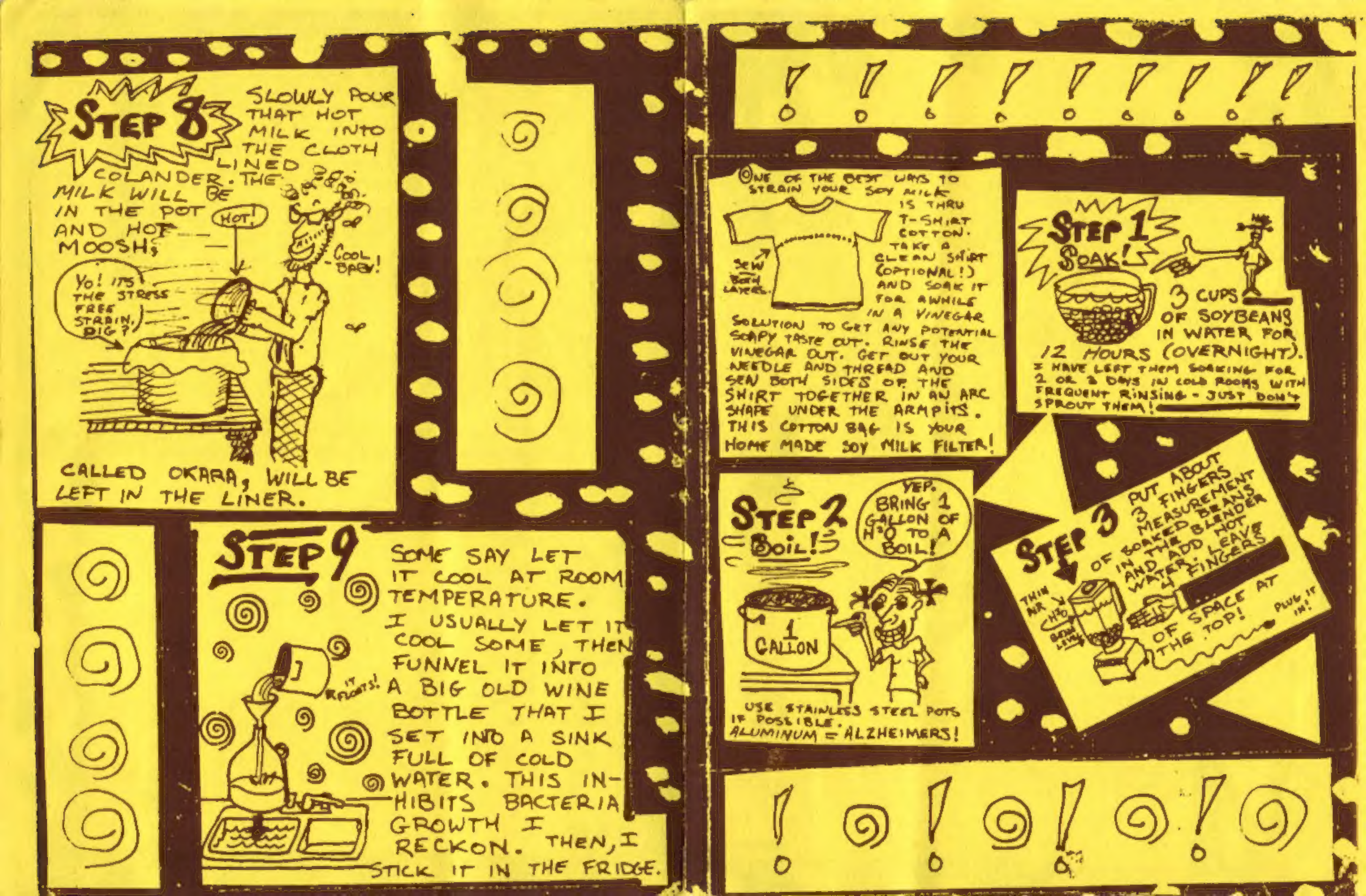
OKARA SOYSAGE

THE PULP LEFTOVER FROM THE MILKING IS CALLED OKARA IN JAPAN. ITS GOOD, HEALTHY STUFF, SO DONT TOSS IT - USE IT!

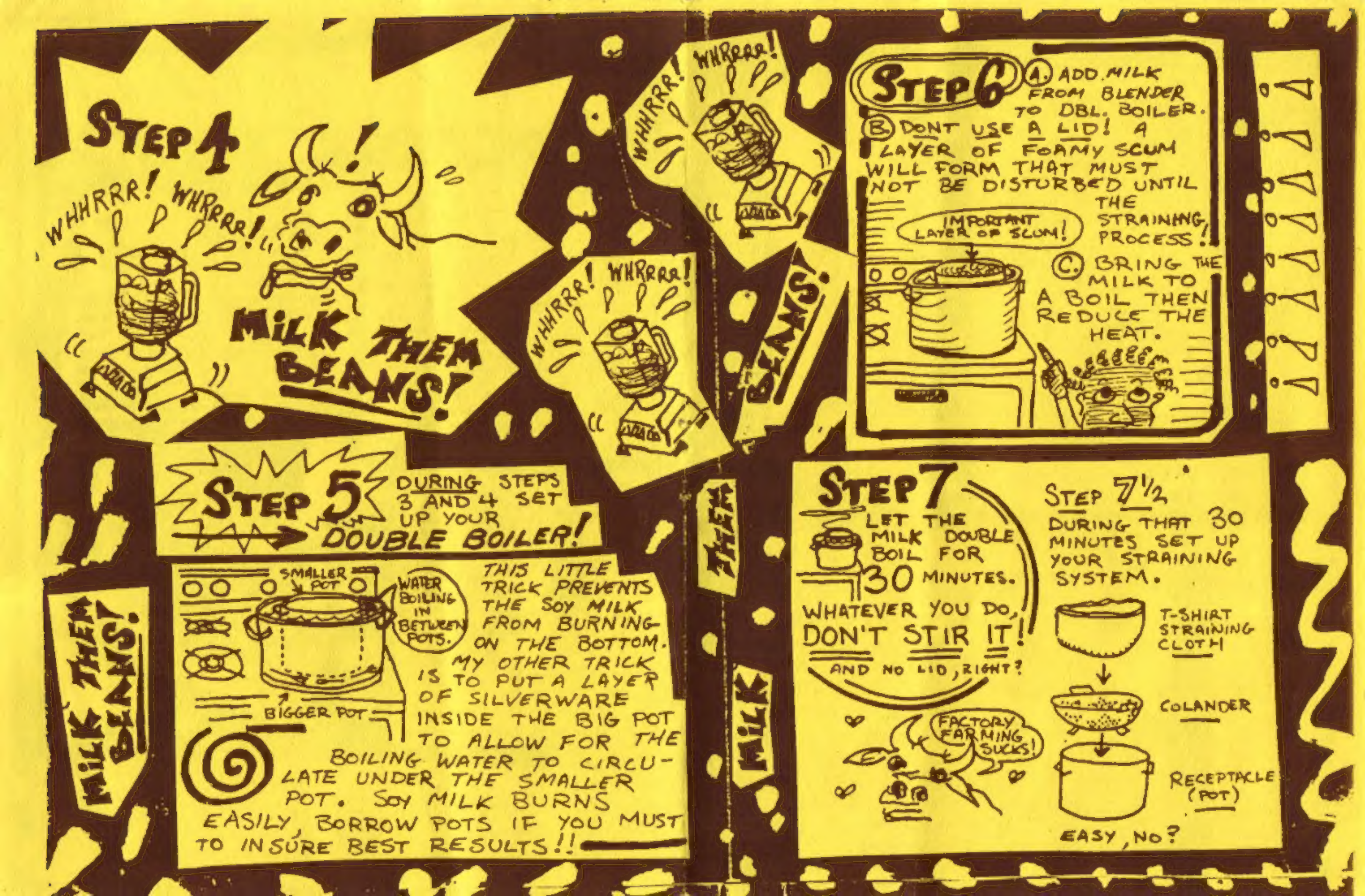
2 CUPS	OKARA
3 TABLESPOONS	SESAME SEEDS
1 TABLESPOON	NUTRITIONAL YEAST
1/3 CUP	WHOLE WHEAT FLOUR
2 TABLESPOONS	FENNEL
1 TABLESPOON	CORN MEAL
1 TABLESPOON	BUCKWHEAT
1 TABLESPOON	SOY SAUCE
TONS	SPICES

MIX INGREDIENTS IN A BOWL. ITS NICE AND MOOSHY, YES? LOAD IT INTO AN OILED LOAF PAN SET INTO ANOTHER PAN THAT HAS A FEW INCHES OF WATER IN IT.

BAKE AT 350° FOR 45 MIN. TO AN HOUR. SLICE IT UP, FRY IT IN PATTIES, EAT IT!!!



STEP 8
SLOWLY POUR THAT HOT MILK INTO THE CLOTH LINED COLANDER. THE MILK WILL BE IN THE POT AND HOT MOOSH,
HOT!
COOL BREW!
YO! ITS THE STRESS FREE STRAIN, DIG?
CALLED OKARA, WILL BE LEFT IN THE LINER.
STEP 9
SOME SAY LET IT COOL AT ROOM TEMPERATURE.
I USUALLY LET IT COOL SOME, THEN FUNNEL IT INTO A BIG OLD WINE BOTTLE THAT I SET INTO A SINK FULL OF COLD WATER. THIS IN-HIBITS BACTERIA GROWTH I RECKON. THEN, I STICK IT IN THE FRIDGE.
IT REFLOATS!
ONE OF THE BEST WAYS TO STRAIN YOUR SOY MILK IS THRU T-SHIRT COTTON. TAKE A CLEAN SHIRT (OPTIONAL!) AND SOAK IT FOR AWHILE IN A VINEGAR SOLUTION TO GET ANY POTENTIAL SOAPY TASTE OUT. RINSE THE VINEGAR OUT. GET OUT YOUR NEEDLE AND THREAD AND SEW BOTH SIDES OF THE SHIRT TOGETHER IN AN ARC SHAPE UNDER THE ARMPITS. THIS COTTON BAG IS YOUR HOME MADE SOY MILK FILTER!
SEW BOTH LAYERS.
STEP 1
SOAK!
3 CUPS OF SOYBEANS IN WATER FOR 12 HOURS (OVERNIGHT).
I HAVE LEFT THEM SOAKING FOR 2 OR 3 DAYS IN COLD ROOMS WITH FREQUENT RINSING - JUST DON'T SPROUT THEM!
STEP 2
BOIL!
YEP. BRING 1 GALLON OF H²O TO A BOIL!
1 GALLON
USE STAINLESS STEEL POTS IF POSSIBLE. ALUMINUM = ALZHEIMERS!
STEP 3
PUT ABOUT 3 FINGERS MEASUREMENT OF SOAKED BEANS IN THE BLENDER AND ADD HOT WATER. LEAVE 4 FINGERS OF SPACE AT THE TOP!
PLUG IT IN!


STEP 4
WHHRRR! WHRRRR!
MILK THEM BEANS!
WHHRRR! WHRRRR!
WHRRRR! WHRRRR!
BEANS!
STEP 5
DURING STEPS 3 AND 4 SET UP YOUR DOUBLE BOILER!
SMALLER POT
WATER BOILING IN BETWEEN POTS.
BIGGER POT
THIS LITTLE TRICK PREVENTS THE SOY MILK FROM BURNING ON THE BOTTOM. MY OTHER TRICK IS TO PUT A LAYER OF SILVERWARE INSIDE THE BIG POT TO ALLOW FOR THE BOILING WATER TO CIRCULATE UNDER THE SMALLER POT. SOY MILK BURNS EASILY, BORROW POTS IF YOU MUST TO INSURE BEST RESULTS!!
MILK THEM BEANS!
THEM
MILK
STEP 6
A. ADD MILK FROM BLENDER TO DBL. BOILER.
B. DONT USE A LID! A LAYER OF FOAMY SCUM WILL FORM THAT MUST NOT BE DISTURBED UNTIL THE STRAINING PROCESS!
IMPORTANT LAYER OF SCUM!
C. BRING THE MILK TO A BOIL THEN REDUCE THE HEAT.
STEP 7
LET THE MILK DOUBLE BOIL FOR 30 MINUTES.
WHATEVER YOU DO, DON'T STIR IT!
AND NO LID, RIGHT?
FACTORY FARMING SUCKS!
STEP 7½
DURING THAT 30 MINUTES SET UP YOUR STRAINING SYSTEM.
T-SHIRT STRAINING CLOTH
COLANDER
RECEPTACLE (POT)
EASY, NO?